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B.C. tables ban on cellphones behind wheel

LEGISLATION The B.C. government has introduced legislation to ban drivers from chatting on cellphones while they're behind the wheel.

If passed, the changes to the Motor Vehicle Act will take effect on Jan. 1, 2010. At that point, only hands-free cellphones and devices that require one touch to activate will be permitted.

A new fine of $167 can be handed out as of Feb. 1, 2010. If drivers are caught texting or emailing they will also receive three penalty points on their driving record.

Six other provinces already have such legislation in place.

Solicitor General Kash Heed said yesterday the move will save lives.

"We have all seen near misses on the road because drivers were not paying attention," Heed told the B.C. legislature.

THE CANADIAN PRESS

News on the Move

What's this barcode for?

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SmallBusiness

Metro's series on Small Business Week will explore current issues affecting small businesses as well as profile successful small business owners. See page 12 for more.

On the web

Visit metronews.ca for news updates

Edmonton **Peaceful resolution**

JIMMY JEONGAHEE CANADIAN PRESS

Police tactical team members leave the Workers' Compensation Board building in Edmonton yesterday, where an armed man was holding eight people hostage. After 10 hours, the man — angry that his benefits were being cut off and his wife was fighting him for custody of their children — surrendered peacefully to negotiators. Coverage, page 6.

Vaccination set to start on Monday

At-risk to get H1N1 shot first

JEFF HODSON
jeff.hodson@metronews.ca

B.C. will launch the largest mass-immunization campaign in the province's history Monday, following Health Canada's approval yesterday of an H1N1 vaccine.

The campaign will take four to six weeks and will be implemented in phases.

Beginning next week, the vaccine will be available first to those most at risk of complications from catching H1N1 influenza — pregnant women, people in remote communities and people under 65 with chronic diseases.

Provincial Health Officer Dr. Perry Kendal said there may be an "urgency" on the part of some people to receive the shot ahead of their prioritization.

"I would ask, as we have done in the past with the seasonal campaign, that healthy members of the public stand back and allow those who would benefit most to receive the vaccine first," Kendal said.

The province currently has 223,500 doses of the vaccine and is repackaging them and shipping them to different health authorities this week.

More will arrive in later weeks, eventually reaching the total order of more than four million doses, enough for every person in B.C.

Beginning Nov. 2, the program will expand to include children between six months to five years of age, health-care workers, people with compromised immune systems and people providing care for infants younger than six months.

Three to four weeks after that, in mid to late November, immunization will be available to everyone who wants it.

"Even if up to 10 per cent of our population has contracted H1N1 by the time the vaccine is available, that still means that 90 per cent of the population are vulnerable and can benefit from being immunized."

H1N1

- Specially trained pharmacists will also be allowed to administer the H1N1 vaccine.
- How the vaccine will be administered to Downtown Eastside residents and are you getting the shot — page 5.

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SCANLIFE

Local

Homes sought for abandoned llamas

Ten abandoned llamas are up for adoption through the B.C. SPCA. One of the animals, identified by the tag in his ear, was imported from Peru. He's 16 or 17 years old and was among the first llamas imported into Canada before they were bred domestically. Left, abandoned llama Queen Anne. METRO VANCOUVER

Bus driver in video appearing to play Sudoku identified

YOUTUBE The Coast Mountain Bus Company has identified the bus driver seen in a YouTube video apparently doing a Sudoku puzzle while driving along the Fraser Highway in Surrey.

"We have identified the driver, and been in contact with the customer who filmed the incident," said Derek Zabel, a spokesperson for Coast Mountain.

Zabel said the driver met with his union and the company yesterday, adding that he can't discuss particulars of the meeting, which is being kept private.

KRISTEN THOMPSON/ METRO VANCOUVER

metronews.ca
WHAT'S ONLINE TODAY

Video Preparations begin for the start of the Olympic torch relay in Greece at **metronews.ca/canada**

Lotteries

Lotto 6/49	2, 11, 29, 32, 48 & 49 Bonus 34
BC 49	4, 17, 21, 25, 35 & 49 Bonus 31
Extra	10, 25, 68, 99

These results are not official.

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PHOTO COURTESY OF THE GREATER VANCOUVER ZOO

Senior giraffe keeper Bonnie Trusler feeds the new baby giraffe at the Greater Vancouver Zoo.

Young giraffe put on display

Mother lost interest in newborn

KRISTEN THOMPSON
kristen.thompson@metronews.ca

The newest addition to the Greater Vancouver Zoo — a female giraffe the size of a grown man — captivated visitors and handlers yesterday when she was put on display through a viewing window during her lunchtime.

Jody Henderson, a spokesperson for the zoo, said the baby — who has not been named — was more interested in watching her viewers than feeding, but had a voracious appetite at breakfast.

"She's doing extremely well," said Henderson, adding that her mother, Eleah, lost interest in her calf within half an hour of the birth on Sunday night.

Handlers are now bottle-feeding her.

"(Eleah) was really great for the first little while and cleaned her off," said Henderson. "The same thing happened with the her last birth."

The 20-year-old female giraffe gave birth to a male, Amryn, in 2007, and Henderson said staff thinks Eleah has trouble nursing.

She said the entire giraffe family, which includes father Jafari, has had access to the new baby over the fence to her pen.

"It's always amazing and a privilege to see a baby born here at the zoo," Henderson said.

History

- The Greater Vancouver Zoo was investigated by the B.C. SPCA after the death of an eight-day-old giraffe in 2006. Veterinarians concluded the calf died from pneumonia as a result of complications from birth.

Group rallies for Terry Fox's mom to light flame

VANCOUVER 2010 Games

RELAY More than 95,500 people are making the case for Betty Fox, mother of Canadian icon Terry Fox, to light the Olympic flame at B.C. Place in February.

"She does so much for so many people every day. She's at every Terry Fox event, making sure he lives on," said Trev Fisher, creator of "Terry Fox's mother to light the flame at the 2010 Olympics," a Facebook group dedicated to making Betty the final torchbearer for the 2010 torch relay.

Terry Fox, one of B.C.'s favourite sons, was 18 when he was diagnosed with bone cancer and had his right leg amputated.

Three years later, in 1980, he set out on his Marathon of Hope — a cross-country run to raise money for cancer research. After 143 days, he had to stop because the cancer had spread to his lungs.

A year later he died. He was 22.

Fisher, who has exchanged emails with VANOC, said he hopes Olympic organizers have taken notice of the online campaign.

"He's an icon when it comes to selflessness — he knew he was going to die but he did (the marathon) anyway," Fisher said. "It would be the ultimate tribute to him."

KIMBERLY SHEARON/ FOR METRO VANCOUVER

More candidates

- Other suggestions for the final Olympic torchbearer include retired hockey player Trevor Linden and wheelchair athlete and activist Rick Hansen. Some campaigns are also pushing to have Hansen and Betty Fox light the flame together.

m.metronews.ca

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Greece **Practice makes perfect**

THANASSIS STAVRAKIS/THE ASSOCIATED PRESS

Maria Nafpliotou, playing the role of high priestess, lights the flame yesterday during a rehearsal for today's ceremony in the temple of Hera for the Vancouver Olympics in Ancient Olympia, Greece. The mirror uses sunlight to ignite the Olympic flame.

News in brief

VIDEO Police in Abbotsford say they are investigating after a video was posted on YouTube showing two officers stomping two drug-trafficking suspects on the ground. The incident happened Oct. 9.

VICTIM RCMP have released a photo of the hoop earring worn by the person found in a burned-out car in Langley last month in hopes of identifying who the victim is.

ARREST Sung Wan (Sean) Kim, who is wanted on a multimillion-dollar investment fraud in Vancouver, has been arrested in South Korea and is being held until a pre-trial hearing, says the B.C. Securities Commission.

RIGHTS The B.C. Civil Liberties Association is taking up the cause of a pro-life group that was denied funding by the University of Victoria's student society.

METRO NEWS SERVICES

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PCTIA ACCREDITED

Feds pay to fix up World of Science
The federal government has provided $10.5 million for upgrades to the Telus World of Science. The Science World ReGeneration project will restore the 20-year-old building, and leave enough left over for an outdoor science experience. METRO VANCOUVER

Sobbing father describes killing children

TRIAL A little girl found slain with her two younger brothers fought back but also pleaded for forgiveness as she was slashed to death, the killer — her father — told a B.C. court yesterday.

Allan Schoenborn sobbed in the witness box at his murder trial, where he described killing Kaitlynne, 10, Cordon, 8, and Max, 5.

The 41-year-old vividly recounted for a B.C. Supreme Court judge how he swung a cleaver at Kaitlynne's neck. He told the court that the girl fought back, putting her hand up and crying out, "I'm sorry, Daddy, I'm sorry," and then pulled his hair as he slashed her neck.

"I told her to go to the white father," he testified.

Schoenborn is on trial for three counts of first-degree murder.

The defence is arguing that Schoenborn should be found not criminally responsible for the killings due to mental disorder, but the Crown contends the killings were an act of revenge against the children's mother.

Schoenborn said he and the children had had a good and happy day flying kites together, but he became convinced that the trio was being molested.

After putting them to bed, Schoenborn said he realized he had no choice but to kill them all because no one — including his wife, who he had just phoned — would help.

He said he killed his children "for all the right reasons."

"I did it for them, my children."

Schoenborn will return to the witness stand today.

THE CANADIAN PRESS

News in brief

EARRINGS Surrey RCMP are seeking the man they say is responsible for ripping gold earrings right out of the ears of at least six victims. The suspect, described as a Caucasian male in his 30s, approaches lone females from behind and then snatches an earring from one of the victim's ears, police said. The victims are all South Asian.

SUITES The B.C. government has purchased box suites at GM Place and the Pacific Coliseum for the use of MLAs and cabinet ministers during the 2010 Olympics, according to documents released by the NDP. The cost was deleted, but according to CBC News the advertised price for those suites ranges from $115,000 to almost half a million.

GRAFFITI The B.C. Supreme Court has sanctioned a civil settlement of about $6,400 in damages and 30 hours of community service against a graffiti artist in Langford — a B.C. first.

AQUARIUM The Vancouver Aquarium is kicking off its Halloween exhibit today. The exhibit — Wanna Know What's Really Scary? — features a haunted lighthouse, a bug-eating station and a visit with slithering, creepy critters.

INJURIES A 15-year-old Surrey boy is in hospital in serious condition after being hit on King George Highway by a car driving on a restricted bike lane, news1130.com reports.

BLAST An explosion and fire at a Nanaimo marina has sunk one boat and damaged several others. The initial explosion appeared to have happened on one of the boats inside a boatshed. METRO NEWS SERVICES

Students demand universal transit pass

Currently those at smaller schools pay more

STIG NIELSEN
for Metro Vancouver

More than 700 people gathered yesterday at a Vancouver park to call for a $25 universal transit pass for students.

Rally organizers said Premier Gordon Campbell promised the same-price passes prior to the last election.

Simon Fraser University and University of British Columbia students pay $25 for their transit passes, but students at smaller schools pay as much as $71, which organizer Tiffany Kalanj said is not fair.

"What we have is a situation were students are riding the same bus, but some are paying three times more than others by virtue of where they study … All we are asking for is a fair system," Kalanj said.

Nicole Majcher, a Vancouver Community College student, said the money she could save on her $50 pass would enable her to buy her several essentials.

"Twenty-five dollars less might not sound like a lot, but we have to buy $140 textbooks, food and supplies," Majcher said. "Twenty-five dollars means everything: Five pieces of paper for art class, pencils, milk or eggs for the week."

STIG NIELSEN/FOR METRO VANCOUVER

Nicole Majcher, centre, at a rally in support of the One Pass Now campaign, at Victory Square in Vancouver yesterday.

Slain woman to be honoured by B.C. Sports Hall of Fame

CONTRIBUTION Wendy Ladner-Beaudry will be among three women honoured by the B.C. Sports Hall of Fame tonight for her contribution to sport in the province.

Ladner-Beaudry, sister to former city councillor Peter Ladner, was murdered in April while jogging in Pacific Spirit Park.

At a reception tonight, Ladner-Beaudry, a nationally ranked swimmer, telemark skier and field hockey player, will be included into In Her Footsteps, which is a permanent exhibit in the Hall of Fame.

The inclusion recognizes her efforts to increase sport participation among youth, women and low-income families.

METRO VANCOUVER

Suzanne Teresa makes her mark on the Internet
Nanaimo's Suzanne Teresa is the most-searched Suzanne on the planet, according to the Google search engine. Teresa, a finalist in Maxim's Hometown Hotties competition, received 900,000 more searches than musician Suzanne Vega. METRO VANCOUVER

Word on the street: Are you going to get the H1N1 flu shot?

Elly Mousavifar
age 28, Vancouver

"No. No way. I used to work for a bank two years ago and I had a flu shot. After that I just got sicker and sicker. I get sick every month now. I have been unhappy after that and my body has."

Van Nguyen
age 42, Vancouver

"I would say no because I have not read much about it, so I don't really know much about it. I do work with the public (a hair salon), so if I do get a shot it will probably be a regular flu shot, but for now I don't think I will."

Jamie Seyforth
age 19, Richmond

"I am probably not going to have a flu shot. I do know that young people are apparently the ones who are going to get swine flu. Maybe I should get it, I don't know."

Games officials unveil drug test lab for athletes

2010 Vancouver Olympic officials are showing off the newly completed lab that will test athletes for performance-enhancing drugs during the Games.

The lab in the Richmond Olympic Oval will test more than 2,000 samples during the 2010 Winter Olympic and Paralympic Games. The $8.3-million facility is an exact replica of Canada's only World Anti-Doping Agency lab in Montreal, and will be run by staff from the Montreal lab and technicians from around the world.

Cathy Priestner Allinger of the local Olympic organizing committee says the new lab is one of the most advanced in the world. THE CANADIAN PRESS

Homeless an H1N1 shot priority

JEFF HODSON
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Teams of nurses will blitz through Vancouver's poorest neighbourhood next week to vaccinate homeless and other vulnerable people against the H1N1 virus, Vancouver Coastal Health said yesterday.

Many of the people in the Downtown Eastside suffer from underlying medical conditions that make them more susceptible to H1N1, said Anna Marie D'Angelo, a spokeswoman for the health authority.

"They're deemed a priority group and will be among the first vaccinated," D'Angelo said.

Health Canada announced yesterday that they had approved a vaccine for H1N1.

Three teams of nurses and volunteers will visit SROs, gathering places, hotels and shelters offering the H1N1 vaccine.

A similar blitz for seasonal flu and pneumococcal (pneumonia) vaccines last year, immunized about 2,500 people.

D'Angelo said the blitz, which is aiming to vaccinate even more people this year, would last about three or four weeks.

B.C. delivery

- In B.C., the delivery of the vaccine will be done in phases, with pregnant women and people under 65 with chronic illness among the top priority groups for recipients.

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PEOPLE POWERED

The man who made the whole town lose weight!

In the small town of Ålesund in Norway, people have been introduced to a secret about weight loss that made over 1500 of them lose weight. The man behind the secret is a health food storeowner, who discovered a new and innovative way of using mulberries.

A CUSTOMER ASKED FOR ADVICE

It all began a summer day in 2006 when a customer of Johnny Pettersen asked him for advice about how to eliminate sugar cravings; "I gave my customer a box of New Nordic's Mulberry leaf tablets, because mulberry is well known to lower your blood sugar after meals. When blood sugar is stable, sugar cravings disappear. It worked very well!"

THE MULBERRY DIET!

"I recommended mulberry to many of my customers and soon noticed that they were losing weight. This made me curious, so I studied the effect of mulberries on blood sugar, insulin and fat burning. Surely enough, because of the effect on blood sugar, mulberry leafs also lead to a lower insulin secretion, which makes you able to burn stored fat better and also reduces fat storage from excess calories.

I increased the dosage and now started recommending two mulberry tablets before each meal. It worked better than I expected! My customers not only controlled their sugar cravings, but also lost significant amounts of weight." says Johnny, and continues: "I recommend customers to follow the program for a minimum of 10 days, in order to also eliminate their need for sugar stimulation. Sugar works as a drug on the brain and people need to eliminate the need for a sugar high, if they want to stay slim. With mulberry my customers changed to a healthier diet without even noticing it – they simply didn't crave sugar."

1500 CUSTOMERS LOST WEIGHT

After the success of the first customers, word traveled fast; "In the last 12 months I have worked with over 1500 customers in Ålesund and the surrounding area. Mulberry has been a tremendous success. Once my customers try the tablets they come back, often with friends and family, and buy 4-6 packages at a time – not just one. It is a great business, but even more rewarding because I see my customers coming back happy, healthy and slim", Johnny explains.

AN OLD JAPANESE TRADITION

For centuries, the Japanese have enjoyed the health benefits from mulberry leaf teas, and today we know from clinical studies how mulberry leaves regulate blood sugar levels. For dieters, this means a lower production of insulin after eating carbohydrates. Insulin is responsible for storing excess calories as fat and for shutting down fat burning. Too much insulin is a dieter's worst enemy!

NOW IN CANADA

Scandinavian manufacturer New Nordic has recently launched a mulberry product in Canada, called Mulberry Zuccarin™. The tablets have been developed in Japan in collaboration with mulberry farmers, botanical experts and a reputable Japanese university hospital outside of Tokyo. Each tablet contains 400 mg of pure mulberry leaf extract.

Mulberry Zuccarin™ is now available in Canada at participating:

Participating Shoppers Drug Mart, London Drugs, Zellers, Alive, GNC, Thrifty's and other health food stores and pharmacies.

For more information or for ordering, please visit

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U.S. eyes Canadian vaccine surplus jealously

United States Sen. Joe Lieberman says a U.S. flu vaccine shortage is a result, in part, of countries such as Canada choosing to make their own populations a priority. THE CANADIAN PRESS

Canada

JIMMY JEONG/THE CANADIAN PRESS

People are evacuated from the Workers' Compensation Board building in Edmonton. Police were dealing yesterday with an armed man who was holding several hostages at the building near the Alberta legislature. He later surrendered to police and was escorted from the building, inset.

Man surrenders after long standoff

Friend says gunman was troubled with wife, benefits

A man described by friends as troubled and angry — that his benefits were cut off, that his wife was fighting him for custody of their kids — charged into a Workers' Compensation office yesterday, taking eight people hostage.

Almost 10 hours after the drama began, it ended peacefully. The gunman had surrendered; the hostages were safe and unharmed.

"He just wanted to be left alone," said a visibly relieved Insp. Terry Rocchio. "Actually, I think one of his points was he wanted to talk to the media and get his story out."

Neighbours at the assisted-living facility where the gunman lived watched the situation and worried.

His friend, Don Bellerose, said the man sent a text message to one of the nurses at the facility saying he was going to settle a score with the WCB yesterday morning, but nobody suspected it would go so far.

The man had been injured on the job — he worked in the concrete industry — but had been cut off benefits. Bellerose said stress piled upon stress, leading his friend to threaten to jump off a bridge into the North Saskatchewan River. THE CANADIAN PRESS

News in brief

TRADE The United States has no immediate plans to reopen NAFTA but may look at side deals related to labour and the environment, America's new ambassador to Canada affirmed yesterday. David Jacobson told a business audience that President Barack Obama was a "strong believer" in free trade.

DIPLOMACY Jawed Ludin, Afghanistan's ambassador to Canada is accusing the media of "unwarranted pessimism" about his country's planned run-off election and he's chastising the diplomatic community in Kabul for a "condescending attitude" toward the fledgling democracy. No country, he says, runs fault-free elections. THE CANADIAN PRESS

Dispute rages over Canadians' torture

REPORT A dispute rages over secret portions of an inquiry report on the overseas torture of three Canadians one year after release of the document, which criticizes the actions of security agencies.

Federal and commission lawyers are still squabbling about portions of the 544-page report the government balked at making public, citing national security concerns.

In his report released one year ago yesterday, former Supreme Court justice Frank Iacobucci found Canadian officials contributed to the torture of Abdullah Almalki, Ahmad El Maati and Muayyed Nureddin by sharing information with foreign agencies. THE CANADIAN PRESS

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U.S. to force executive pay cuts for bailout companies: Source 7

The Obama administration plans to order companies that received huge U.S. government bailouts last year to sharply cut the compensation of their highest paid executives. THE ASSOCIATED PRESS

World

Hoax exposes pitfalls of instant journalism

You attend a press conference. The newsmaker speaks. You run a DNA test to confirm they are who they claim to be. Then you publish.

An absurd notion, but only marginally more absurd than the high comedy that played out at Washington's National Press Club Monday, when the U.S. Chamber of Commerce made big news that wasn't.

Already in the news for its hard-lobbying opposition to U.S. climate-change legislation, the pro-business Chamber dropped reporters' jaws with what appeared to be a turning-point announcement — the organization now accepts that "without a stable climate, there will be no business."

The dramatic reversal was conveyed instantly, led by Reuters. Minutes later it was picked up by the New York Times and Washington Post websites.

But by the time Fox jumped in, the real U.S. Chamber of Commerce burst into the news conference, together with red-faced representatives of the National Press Club, to debunk the proceedings as a hoax. Reporters' heads swung from the possible interlopers at the podium to the possible interlopers who were calling them out — who was legitimate? For a few minutes both sides stood their ground.

Finally, the ruse was revealed — the man purportedly speaking on behalf of America's largest business lobby was in fact Andy Bichlbaum of the anti-corporate pranksters known as the Yes Men. The real Chamber is angry and the Press Club is embarrassed at how easily the acceptance of a $500 room rental fee exposed a major vulnerability to guerrilla-style activism. The media got a cardinal lesson in the dangers of the tweet-first-ask-questions-later pace of modern news.

"This really brings home the reality that in the 24-hour news cycle you've got to be suspicious of just about everything until you confirm it," said media expert Robert Thompson, director of the Bleier Centre for Television and Popular Culture at Syracuse University.

Coming less than a week after the Balloon Boy saga devolved from real-life fairy tale to actual fairy tale, Thompson and others observe that the Press Club saga has played out differently. Unlike the Colorado family that now is hiding from reporters, the Yes Men are revelling in the aftermath. TORSTAR NEWS SERVICE

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Learn how to scan the barcode with the instructions at the top of pg 3

India **Ladies only**

SUCHETA DAS/THE ASSOCIATED PRESS

Indian women travel in a Ladies Special train near Calcutta yesterday. Eight women-only trains were introduced in four cities recently aiming at providing safety to working women in a country where violence against women has been on the rise.

Train collides with women's carriage

INDIA A passenger train crashed into another train's rear carriage reserved for women and disabled passengers, killing 22 people and injuring 16 who remained trapped for hours yesterday near the Taj Mahal in India, police said. Rescuers recovered 19 bodies during a rescue operation that lasted nearly seven hours, said Rajesh Dikshit, a police spokesman. Three of the 19 injured people died in hospital, Dikshit said. THE ASSOCIATED PRESS

Tea, lamb and arm-twisting for Karzai

ELECTION Afghan President Hamid Karzai needed high-level American arm-twisting over several tense days — and meals that included "gallons of tea" and endless platters of lamb — before he finally agreed to a run-off vote in the country's fraud-plagued presidential election. A senior U.S. official briefed on the meetings by Sen. John Kerry gave The Associated Press details of the negotiations with Karzai.

The talks lasted late into several nights, continued through endless meals and went on for hours each day.

During an extended stroll, the official said, Kerry opened up to Karzai, telling him about his own difficult decision not to challenge the vote count in Ohio on election night in 2004, when there were allegations of voting irregularities in favour of George W. Bush. THE ASSOCIATED PRESS

Share the power?

- The U.S. would be receptive to a power-sharing arrangement between Afghan President Hamid Karzai and his election challenger if they agreed to it, Obama administration officials said yesterday. Karzai and former foreign minister Abdullah Abdullah have settled on a Nov. 7 runoff.

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Global pirate attacks surge
Pirate attacks worldwide in the first nine months of 2009 exceeded all of last year's total, an international maritime watchdog said yesterday. THE ASSOCIATED PRESS

A-Twitter about the Berlin wall

Virtual, styrofoam walls mark 20th anniversary of divider's tumble

The Berlin Wall is gone, but people can still tag their memories on it online.

The Berlin Twitter Wall, which went online Tuesday, encourages people to share their memories of the wall's collapse and hopes for the future on a scrolling wall using Twitter, the social networking site.

By yesterday, there were more than 100 comments in Spanish, English, German and French. Some said they were too young to remember the fall of the Berlin Wall on Nov. 9, 1989.

East Germany began construction of the barrier Aug. 13, 1961, in an attempt to stop the dramatic flight of people to the West.

The website berlintwitter wall.com scrolls messages along a backdrop of the East Side Gallery, a famous stretch of the wall still standing and painted with murals. Visitors can also see pictures of the Domino Wall, about 1,000 pieces of 2.5-metre-tall styrofoam painted with messages of peace by students, celebrities and politicians. The Domino Wall will snake nearly two kilometres along the old wall line and be toppled at celebrations Nov. 9.

The online wall is part of events organized by Berlin to help mark the anniversary of the event that paved the way for a reunited Germany and Europe, and an end to the Cold War.

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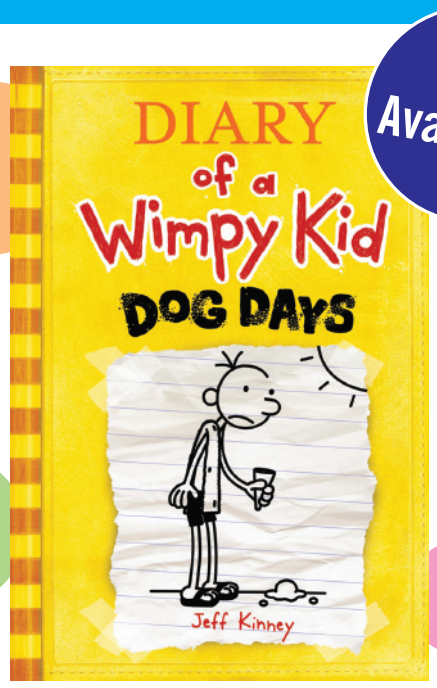

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Ecuador **Student protests erupt**

DOLORES OCHOA/THE ASSOCIATED PRESS

University students clash with police outside the government palace in Quito, Ecuador yesterday. University students are protesting a proposed law that would establish more state control over public universities and controls over private institutions.

Fossil Ida not even a monkey's uncle

EVOLUTION Remember Ida, the fossil discovery announced last May with its own book and TV documentary? A publicity blitz called it "the link" that would reveal the earliest evolutionary roots of monkeys and humans. Experts protested that Ida wasn't even a close relative.

And now a new analysis supports their reaction. Scientists compared 360 specific anatomical features of 117 living and extinct primate species to draw up a family tree. They report the results in today's issue of the journal Nature. Ida is a skeleton of a 47 million-year-old cat-sized creature found in Germany. It confirms what most scientists think, said David Begun, a paleoanthropologist at the University of Toronto.

THE ASSOCIATED PRESS

Ohio woman recants racial torture story

U.S. Megan Williams' shocking accusations strained the imagination: Seven white people beat her with sticks, forced her to eat feces, raped her and taunted her with racial slurs over several days in a ramshackle trailer in West Virginia. But the suspects eventually confessed to their actions and pleaded guilty. All but one were sent to prison. Now Williams, who is black, is taking it all back. Williams lied in 2007 because she wanted to get back at a boyfriend who had beaten her, her attorney, Byron L. Potts, said yesterday.

"She is recanting the entire incident. She says it did not happen," Potts said. Seven white men and women were convicted in the case.

Police said the assaults occurred at a trailer owned by Frankie Brewster in a rural West Virginia. Potts said that Brewster's son, Bobby, was the boyfriend who had beaten Williams and that she had stabbed herself with a straight razor to help embellish the story of being tortured. THE ASSOCIATED PRESS

News in brief

FRANCE Armed assailants stormed a supermarket outside Paris before it opened yesterday and held six hostages for several hours before the standoff was resolved peacefully. All six were later released unharmed, apparently after successful police negotiations, he said. A police official said that suspects demanded money from the store's safe and cash registers and also threatened the hostages. Two suspects turned themselves in and were taken into custody.

THE ASSOCIATED PRESS

On the web

- Alan Sailer is a double shooter: Blasting objects with a gun while photographing the moment. Interview and photos at **metronews.ca/world**

Death toll in American Samoa climbs
The official count of the number of people killed in American Samoa in the Sept. 29 tsunami has risen by two to 34, according to a spokeswoman at the Emergency Operations Center in the U.S. territory. THE ASSOCIATED PRESS

Afghan narcotics a global problem

The smuggling of Afghan opiates is fuelling addiction and drug use along trafficking routes from Iran to Central Asia as well as spreading diseases and funding insurgents, the UN warned yesterday.

Iran, Pakistan and Central Asian nations are among the most affected states but the negative impact of the multibillion-dollar Afghan narcotics flow is felt around the world as it continues to spread, the United Nations Office on Drugs and Crime said in a new report.

"The Afghan opiate trade fuels consumption and addiction in countries along drug trafficking routes before reaching the main consumer markets in Europe (estimated at 3.1 million heroin users), contributing to the spread of HIV-AIDS and other blood-borne diseases," the report said.

The illegal trade has also given a financial boost to Central Asian extremists that could further destabilize the area, UNODC chief Antonio Maria Costa warned in remarks accompanying the report.

"The Silk Route, turned into a heroin route, is carving out a path of death and violence through one of the world's most strategic yet volatile regions," Costa said.

In Iran, about 14 tons of Afghan heroin and a staggering 450 tons of opium were consumed locally in 2008, the report said, making it the world's biggest consumer of the drug.

THE ASSOCIATED PRESS

$160M Between 2005-08, Taliban insurgents in Afghanistan drew between $90 million and $160 million annually from taxes and levies on opium farmers and drug traffickers, the UN estimates.

U.S. store clerk accused of stealing winning lotto ticket then fleeing country

THEFT A 25-year-old convenience store clerk in Texas pocketed a customer's $1 million winning lottery ticket, claimed the prize and skipped town, possibly back to his native Nepal, authorities said.

Pankaj Joshi took 67-year-old Willis Willis' winning Mega Millions megaplier ticket after Willis asked Joshi in May to check whether any of his numbers were winners, investigators said in a search warrant affidavit last month.

Joshi claimed the prize — about $750,000 after taxes — at the lottery claim centre in Austin, had the money wired to a bank account and disappeared, authorities said.

Joshi was charged in Travis County in September with one count of claiming a lottery prize by fraud. If convicted, he could face up to 20 years in prison. A judge set Joshi's bond at $10 million.

THE ASSOCIATED PRESS

News in brief

TRIAL Naveed Haq wasn't insane — just angry — when he stormed a Seattle Jewish centre in 2006, killing one woman and wounding five others as he railed against Israel and demanded to go on CNN, a prosecutor said yesterday, as Haq's second trial opened.

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Comment

Check your inhibitions

In the movie Mean Girls, Lindsay Lohan's character Cady sagely observes, "Halloween is the one night a year when girls can dress like a total slut and no other girls can say anything about it."

Dressing provocatively on Halloween without fear of judgment is part of the beauty of the holiday. Temporarily transforming into someone else makes it easy for us to check our inhibitions at the door; something we do too infrequently on the other 364 days of the year. With its magical combination of alcohol, bare flesh and a boisterous sense of camaraderie, Halloween is basically Sex Christmas.

"Everyone wants to be sexy," says Yoann Hurlault, who works at Seduction Love Boutique in Toronto. "You don't have to be ugly for Halloween, right?"

Boosting their usual inventory of boas, hosiery, fetish gear and sex toys is a full wall of Halloween costumes. Hurlault shows off a few of his favourites, including the classic sexy nurse, a frilly French Maid and a female Indiana Jones onesie with the approximate dimensions of a Hooters Girl uniform.

"Many of our costumes are inspired by successful movies, like Harry Potter or Pirates of the Caribbean," Hurlault says. "It allows people to become those heroes for a night."

An Amy Winehouse costume.

No wonder Halloween parties are hook-up central. There's something oddly freeing about dressing up as someone else for one night — especially if it's a character whose personality traits one can appropriate. This allows people to act more boldly than they normally would. If you're chatting up a hot German beer wench at a Halloween party and she walks away, no biggie. Fräulein didn't reject you. She rejected Superman!

If you're a wallflower who normally tucks themselves into a comfortable sphere of familiarity at social gatherings, Halloween is an exception. Costumes are instant conversation starters and strangers are much more likely to interact at bars, parties and even on the street when they have a visual common bond ("Hey, you like Twilight? I like Twilight! Let's make out!").

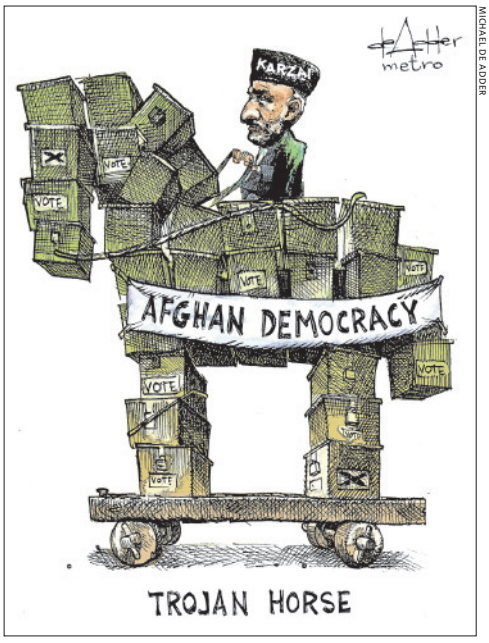
If you want to look seductive but are worried that you'll be one of a dozen black cats on the prowl at the party you're attending, you can always put your own spin on sexy. My friend Joan once dressed up as Sexy Kim Jong Il. Jezebel.com also has some recommendations, including Sexy Antarctica, Sexy Bottom of Purse Lifesaver and Sexy Bag of Burnt Microwave Popcorn.

Hotness.

On the web

- For more views on relating, go to Love Bytes at metronews.ca/blogs

Sofi Papamarko is a 20-something writer based in Toronto. Her heroes include Desmond Morris and Nancy Sinatra.



MICHAEL DE ADDER

Views

Building more opportunities for boys

Many of us have spent decades trying to address the barriers to women in education and in business. And in spite of the progress, there is more to be done.

At the same time, the gender gap cuts both ways. Boys are less likely than girls to meet provincial standards in reading. Boys account for the majority of suspensions. And boys are more likely than girls to drop out of high school in Canada (12.2 per cent versus 7.2 per cent in 2004-05).

On a national level, the social economic status of a school is the strongest predictor of reading performance, followed by the social economic status of the student followed by gender, according to a 2000 OECD study. This suggests that boys, regardless of their background, do better in well-resourced schools, reinforcing the importance of investment in education.

The costs to all Canadians of educational underperformance are immense. In 2004, the unemployment rate among people aged 25 to 44 who did not have a high school diploma was 12.2 per cent, almost twice the rate of high school graduates.

In a bold move announced this week, the Toronto District School Board's new director Chris Spence announced a strategy that includes a "Male Leadership Academy" for boys as well as male-friendly demonstration classrooms aimed at boosting boys' school performance.

Research by the Canadian Centre for Knowledge Mobilization in B.C. concluded that, overall, studies tend to show that single-sex schools serve girls better than boys. However, the majority of studies examine private schools dominated by students from wealthy well-educated families. We also know there are too few male role models in the early grades.

An excellent teacher can inspire any kid to love Shakespeare, but boys and girls do have different preferences. Same-sex classes in particular subjects allow gender specific content and teaching methods.

Spence is drawing on his previous successes in the development of Boys 2 Men, Project G.O. (Girls Only) and the Read to Succeed Program, which motivates and teaches boys to read. While we should heed cautions against segregating and fragmenting our schools, and we need rigorous evaluation and accountability, we do need to try new approaches to adapt the curriculum, teaching methods and learning environment to the particular needs of boys and girls.

Wendy Cukier is the associate dean of the Ted Rogers School of Management at Ryerson University, and the founder of Ryerson's Diversity Institute.

Worth mentioning

Decision gives Kuwaiti women more freedom

Kuwait's highest court granted women the right to obtain a passport without their husband's approval, the case's lawyer said yesterday, in the latest stride for women's rights in this small oil-rich emirate.

Unlike with highly conservative neighbours such as Saudi Arabia, women in Kuwait can vote, serve in parliament and drive — and now can obtain their own passports.

In many countries in the region, women cannot travel or obtain a passport without the consent of their male guardian.

Attorney Adel Qurban, whose case the court was ruling on, said the landmark decision "freed" Kuwaiti women from the 1962 law requiring their husband's signature to obtain a passport.

His client, Fatima al-Baghli, is one of thousands of women who have been petitioning courts for this right.

The court found the article in the decades-old law "unconstitutional" because it goes against the principal of equal rights for men and women.

THE ASSOCIATED PRESS

More can be done

- Activist Aisha al-Rsheid hailed Tuesday's ruling, but said females in this traditional male-dominated society were still a long way from the equality promised by the 1962 constitution.

We Know What You're Thinking

49% The number of Canadian women who admit to having been dishonest to their husbands about spending.

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BlackBerry Bold ditches trackball for touchpad
Looking for an edge in its battle with Apple's seductive iPhone, Research In Motion has updated the high-end BlackBerry Bold, replacing the trackball — which has caused headaches for some users — with a touchpad. The new Bold 9700 was released yesterday. THE CANADIAN PRESS

Business

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EDITOR: FERMIN.DESOUZA@METRONEWS.CA

CRTC OKs web traffic throttling

WEB Canada's big telecommunications firms can continue to throttle certain traffic on their Internet networks but will have to follow new and possibly strict rules, the CRTC said yesterday.

In a much-awaited decision, the federal regulator established new conditions for how Internet service providers can manage traffic on their networks, but did not disallow the practice as some had demanded.

THE CANADIAN PRESS

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Invest in tech: CEO

Microsoft head addresses government, businesses

Microsoft Corp. chief executive Steve Ballmer has advice for Canada's businesses: be careful not to let a battered economy frightened you away from vigorously investing in tech sector innovation.

Ballmer told business leaders in a speech in Toronto yesterday that the technology industry must be focused on driving growth — and not just cutting costs — even as it deals with revenue declines.

"You cut costs because you have to and the money you have left you invest smartly for growth," the 53-year-old CEO of the software superpower told business executives at the Metro Toronto Convention Centre. "Now is the time to make those bets that will drive innovation, that will drive your growth and growth in the economy."

Ballmer drew parallels between the Great Depression and the current crisis, saying that many successful innovations can be born in economic turmoil.

Since the dot-com bubble burst, telecom, software, hardware and other technology companies have cut jobs, streamlined operations or consolidated.

THE CANADIAN PRESS

MICROSOFT CANADA CO.

Steve Ballmer, CEO of Microsoft Corp., talks to Canadian business leaders at an event in Toronto yesterday.

Business in brief

CREDIT An Ipsos Reid survey suggests Canadians are less likely to use credit cards to pay for home renovations this year than they were in 2008, choosing to pay cash rather than increase their debt. The survey finds 76 per cent plan to pay for improvements with cash or savings, up from just 70 per cent last year.

PENSION Canadian pensions continued to see growth from their investment holdings in the third quarter, although the improvement was more subdued than in the April-June period, THE CANADIAN PRESS

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Did you know?
In 1979, the branches of the Business Development Bank of Canada in British Columbia's Lower Fraser Valley pooled their resources to organize business management training sessions over a week called Small Business Week. BDC.CA

Small Business

Youth competition

The Business Development Bank of Canada is sponsoring an Internet-based national Aboriginal Youth Business Plan Competition for aboriginal youth in Grades 10-12. For more, go to bdc.ca/espirit/en/default.htm.
METRO NEWS SERVICES

SPECIAL FEATURES EDITOR: STEPHANIE.BOMBA@METRONEWS.CA

A passion for healing

JON TATTRIE
for Metro Canada

Selling relaxation can be a stressful business, says Nova Scotian entrepreneur Catherine Whittaker.

The reiki master and reflexologist started Summerhurt Healing Retreat four years ago as part of a move from working for a medical manufacturer toward offering holistic healing herself.

"I was really up for the challenge. I was just so passionate about what I did; the passion is what pushed me through. Had the logic kicked in, I don't know if I would have gone as far as I did," she says.

Summerhurst (summerhursthealing.com) offers full- and half-day "healing packages" at its tranquil rural setting 75 kilometres north of Halifax. Whittaker got it running with the help of a critical start-up financing loan from the Canadian Small Business Financing Program. It started life as Cozy Corner Sauna in Dartmouth, but after two years, Whittaker decided to go in a different direction. She consulted with her clients and created her healing getaway.

"I've had months that are like, 'Wow,' and months that are like, 'Oh my heavens, what am I doing?'" she says. "Most business owners will tell you — although they don't want you to print it — that they're doing it because they love it, not because of the money."

Self-employment has big benefits, too.

"You can think outside the box and not be shut down. The market can shut you down, but at least you can go ahead and try it," she laughs. "Market research only goes so far: You've got to have a vision and go for it."

Asked what advice she would have given herself four years ago, Whittaker thinks for a moment before deciding she wouldn't offer a word of warning.

"I learned so much about business and myself," she says. "Yeah, you do take a few extra turns along the road and it takes you much longer to get from point A to point B, but you have so much return when you get there.

"Had things worked out exactly as I was hoping in my business plan from day one, my business would be completely different and I think I would be bored to tears," Whittaker says.

"You have to keep moving and changing in order to grow."

"Market research only goes so far: You've got to have a vision and go for it."
Catherine Whittaker

Nova Scotia entrepreneur Catherine Whittaker.

Summerhurst Healing Retreat, which offers healing packages 75 kilometres north of Halifax, was started four years ago.

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Women's 200-metre butterfly mark falls

Olympic champion Liu Zige wiped a stunning 1.6 seconds off the world record in the women's 200-metre butterfly at China's National Games yesterday. Liu was timed in two minutes 1.81 seconds, domestic news agency Xinhua reported, eclipsing the previous world mark of 2:03.41 set by Australian Jessicah Schipper. THE ASSOCIATED PRESS

Sports

Browns bitten by flu bug

Just when it couldn't get any worse for the woeful Cleveland Browns, it got worse. The team has been sacked by the flu. Yesterday, 12 players missed practice with flu-like symptoms as the team began installing the game plan for Sunday's matchup against the Green Bay Packers. Coach Eric Mangini scaled back the workout in hopes of keeping his healthy players from getting sick. THE ASSOCIATED PRESS

EDITOR: CHRIS.CLEMENTS@METRONEWS.CA

Canucks rally for late comeback

Roberto Loungo returns to form as Vancouver snaps winless streak on the road

NHL RESULT

Vancouver 3 Chicago 2

Michael Grabner scored the tying goal with 7:44 to play and Mikael Samuelsson followed with the winner 3:02 later last night as the Vancouver Canucks rallied for their first road victory of the season, 3-2 over the Chicago Blackhawks.

The Canucks hadn't won away from Vancouver since beating Chicago in Game 3 of the teams' second-round playoff series last May. The Blackhawks advanced by taking the final three games, and Canucks goalie Roberto Luongo wept after allowing seven goals in the decisive Game 6. Luongo was much better yesterday, making several acrobatic stops among his 18 saves, but he received a lot of help from his teammates as Vancouver was the first team to outshoot the Blackhawks this season.

Antti Niemi, starting in place of struggling Chicago goalie Cristobal Huet, was sensational most of the night and finished with 28 saves but couldn't survive some sloppy play in front of him late in the game.

Grabner made it 2-2 with a power-play goal from the top of the left circle, his first career goal in his fourth NHL game.

After the Blackhawks killed off another power play, Samuelsson intercepted Brian Campbell's attempted pass to Patrick Kane in the Chicago zone. Samuelsson skated into the left circle and snapped a wrist shot that beat Niemi low to the far side.

Samuelsson, who also assisted on Steve Bernier's first-period goal, has 20 points in 25 career games against the Blackhawks.

Duncan Keith scored for Chicago midway through the first period. Late in the second, his perfect pass set up Troy Brouwer's goal for a 2-1 Blackhawks lead.

THE ASSOCIATED PRESS

CHARLES REX ARBOGAST/THE ASSOCIATED PRESS

Chicago Blackhawks goalie Antti Niemi makes a save on a shot by Vancouver Canucks Mason Raymond as defenceman Cam Barker watches during the first period action last night

Printers likely to get start Saturday

CFL Casey Printers is expected to start at quarterback as the B.C. Lions visit the Saskatchewan Roughriders on Saturday in a game that has strong CFL playoff implications.

Printers took most of the first-unit snaps from centre yesterday as the Lions (8-7) prepared to meet the Roughriders (8-6-1). The 2005 Most Outstanding Player will likely get the nod because he is the healthiest quarterback with considerable CFL experience during a week in which the Lions only practise twice before flying to Regina.

"If I have to go, then that's what has to happen for the team, and that's what's going to happen," said Printers, who has been displaying a less-selfish appearance after he was often criticized as a me-first player during his first stint with the B.C. Lions.

Travis Lulay, who came off the bench to guide B.C. to a comeback 24-21 victory over Winnipeg on Sunday, and starter Buck Pierce are both recuperating from similar shoulder injuries sustained in that game.

THE CANADIAN PRESS

Real Madrid stumbles

SOCCER Big-spending Real Madrid slumped to a 3-2 home loss to AC Milan in the Champions League yesterday, while Manchester United and Chelsea registered their third straight wins to move closer to the knockout phase.

Pato's 88th-minute strike clinched the victory that saw Milan topple Madrid from the Group C summit on goal difference following the meeting of the European Cup's two most successful clubs.

Man United also left it late it against CSKA Moscow, with Antonio Valencia scoring in the 86th minute to maintain the English champions' perfect record in Group B at the scene of the 2008 final.

THE ASSOCIATED PRESS

Sports in brief

MLS One team is in with a win, can still get there with a loss. Another needs to win or lose by two goals or fewer. Five teams have already clinched. Six could end up tied and the deciding factor could be goal differential, even a coin toss. Got all that? Seven months of jockeying has come down to one wild weekend in Major League Soccer. with more than 50 different scenarios to sort out the playoff possibilities. The simple equation is if Toronto wins and either Colorado or Dallas get less than a win, TFC is in the playoffs.

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MLB playoffs Phillies win NL pennant

JEFF ZELEVANSKY/GETTY IMAGES

Philadelphia's Jayson Werth rounds the bases after a seventh inning home run last night against the Los Angeles Dodgers. The Phillies went on to win 10-4 and earned their second straight trip to the World Series. For a complete game recap, visit metronews.ca/sports

re online metronews.ca

Gonchar out 4-6 weeks
Penguins defenceman Sergei Gonchar will be out four to six weeks with a broken left wrist, his third significant injury in slightly more than a year. THE ASSOCIATED PRESS

Martin cruises in first-round of World Cup

Canadian champion Kevin Martin of Edmonton opened the World Cup of Curling with a bang yesterday, trouncing Niklas Edin of Sweden 9-1.

Martin, lead Ben Hebert, second Marc Kennedy and third John Morris had little trouble with Edin's rink, scoring twice with the hammer in the first and stealing six more points over the next two ends.

The first steal came on a failed Edin draw, resulting in three points for Martin.

"We got a good deuce in the first end," said Martin, the 2008 world champion. "But then (Edin) missed that draw to the four-foot in the second. And you can't miss those shots."

The teams exchanged single points in the fifth and sixth ends before Edin opted to shake hands.

Glenn Howard of Coldwater, Ont., also opened strong, beating Germany's Andy Kapp 9-5. Howard seized control of his match with Kapp in the sixth end, playing a tap back to score five points and take a 9-3 lead.

"He kind of left me a bit of opening on my last shot in the sixth" said Howard. "I made a nice little (shot) and tapped it back, got five and that was pretty much the game." THE CANADIAN PRESS

Other results

- In other opening-draw matches, American John Shuster edged Brad Gushue of St. John's, N.L., 4-3, Randy Ferbey of Edmonton doubled Fengchun Wang of China 4-2 and Edmonton's Kevin Koe beat Thomas Dufour of France 7-4.

Seahawks QB says doubters are ridiculous

NFL Matt Hasselbeck has a message for the many doubters of the flailing Seahawks: You're ridiculous.

Seattle's three-time Pro Bowl quarterback acknowledged yesterday before his team left for an extended bye weekend off that "there's a lot of negativity around our team."

But he said the idea that the season is essentially over for his 2-4 team is "absolutely ridiculous."

Hasselbeck says the team can still attain all the goals it set before this season over the season's final 10 games, beginning Nov. 1 at Dallas.

The Seahawks are 1½ games out of first place in the NFC West. They have won the division four times in the last five seasons.

Hasselbeck calls this "an opportunity to pull together and prove people wrong." THE ASSOCIATED PRESS

Sports in brief

HOCKEY The Anaheim Ducks recalled goaltender Justin Pogge from the Bakersfield Condors of the ECHL yesterday. The native of Fort McMurray, Alta., made his NHL debut with Toronto last season, going 1-4-1 record with a 4.36 GAA and .844 save percentage in seven appearances.

RACING Five-time rally world champion Sebastien Loeb won't compete in the last Formula One race of the season after motor racing's governing body refused to grant him the proper licence. Loeb had signed a deal with the Toro Rosso team to drive at Abu Dhabi on Nov. 1.

RUGBY The Canadian men's rugby team will play twice in Japan this fall and host Russia in Vancouver on Nov. 28. The fall international schedule includes a pair of games Nov. 15 and 21 against Japan, ranked 14th in the world. Then the No. 13 Canadians welcome No. 16 Russia to UBC's Thunderbird Stadium the next week. The Canadians have not played since beating the U.S. in July to qualify for the World Cup.
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Metro Homes

Before you paint
Home Hardware Stores Limited is calling all virtual decorators to visit the redesigned and interactive Beauti-Tone website, where they can visualize what different paint colours might look like in their home. Check out Home Designer on beauti-tone.ca.
METRO NEWS SERVICES

EDITOR: NINA.DRAGICEVIC@METRONEWS.CA

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Buyers already seeking out Sage

Suite Talk

A new, luxury residential condominium at the University of British Columbia has sold 55 per cent of its units after only three weeks on the market.

Sage, a 115-unit, 18-storey concrete residential tower in the Wesbrook Place neighbourhood has attracted more than 200 buyers so far.

"From the moment we began previewing, clients have been pouring in looking to put reservations on homes," said Nancy Chen, sales manager. "And now, we can see that all this excitement has turned into strong sales."

Two-bedroom homes start at $679,900. They feature custom Dada Italian Cabinetry with clever storage systems, environmentally friendly air-conditioning, and oversized staggered balconies.

Three-bedroom view homes were also released Oct. 3, starting at $1,049,900.

"Nowhere in UBC are there new homes of such exceptional calibre and design, complemented by the outstanding Wesbrook Place neighbourhood, which features a new Save On Foods, the soon-to-be under-construction community centre and new high school", said Edwin Liang of developer Kenstone Properties.

Sage will begin construction in the fall of 2010. Completion is expected by late 2012.

METRO VANCOUVER

Details

- The Sage sales centre is at 5898 Gray Avenue and is open daily noon-5 p.m. (closed Fridays). Call 604-822-0809 to book a private appointment or visit sageliving.ca for more information.

A selection of images from Sage, a 115-unit, 18-storey concrete residential tower in the Wesbrook Place neighbourhood.

"From the moment we began previewing, clients have been pouring in looking to put reservations on homes."
Nancy Chen, sales manager

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Robert Kiyosaki will not attend this workshop.

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Festive with a dash of **freaky**

EMMA YARDLEY
for Metro Canada

Ghost, goblins and ghoul decorations can turn your place from blah to boo, but keeping your Halloween decor simple can be just as effective.

"You can decorate in two ways," says Ann Marie Favot, design editor for Style at Home. "The scary Halloween way, with goblins and ghosts, or decorate just with a black and orange theme, nothing creepy."

If you're feeling crafty and you'd like to try the colour theme route, Favot suggests painting jack-o-lantern faces onto pumpkins with watered-down white glue and then sprinkling on black glitter.

"It's a little bit different. Last year, I got little pumpkins and blackened them with acrylic paint. Crafts have come to a whole different level. They're not longer only for people who are crafty but for people who want to do something fun."

By mixing in your own crafty creations with classic fall-themed décor you can stay away from cheesy while still creating that festive feeling.

Homes in Style

1. Let these curious dark metallic crows tea light holders create a mysterious mood. Tag/Candym Enterprises, $14, 1-800-263-3551.

2. Adopt your own pet pumpkin cat by popping one of your orange orbs onto this whimsical metal frame. Pier 1 Imports, $18, pier1.com.

3. Add a little light to this moody haunted birdhouse lantern. Tag/Candym Enterprises, $58, 1-800-263-3551.

4. Staub's La Cocotte pumpkin pot is perfect for preparing a seasonal stew while doubling as a stovetop decoration. Gourmet kitchen retailers across Canada, $310.

5. A twig wreath hanging on a front door is a classic autumn addition to your home's exterior. Canadian Tire, $19.99, 20 inches, canadiantire.ca.

6. Pretty as a pumpkin. That's how the saying goes, right?

7. The beauty of the stylized orange and black forest pattern on the Voluspa mini fragrance diffuser is only second to its sweet scents of amber and cedar. Anthropologie, $24, anthropologie.ca.

Pumpkin candles: Cinderella, $42; small, $35; six votives for $9. Pottery Barn, potterybarn.ca.

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Fashion cut backs

Andy The-Anh chose to scale back his Toronto LG Fashion Week presentation by opting to showcase his creations in the showroom rather than on the main runway. The decision was driven by dollars. THE CANADIAN PRESS

Style

Twitter accessories

Twitter fanatics can now wear their Hashtag (or TwitterName) proudly with custom-designed accessories. Online shop Survival of the Hippest (survivalofthehippest.com) offers handcrafted sterling silver and gold necklaces, bracelets, anklets, keychains, and brooches that feature your personal Twitter IDs. Prices range from $49.95 US to $139.95 US. METRO NEWS SERVICE

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

Hip to be square

Buffalo checks, plaid, tartan: Embrace your inner lumberjack

JANINE FALCON
for Metro Canada

The first rule of this seasons "plaid" trend is to keep in mind not all squares are the same.

"Checks are patterns of squares and plaid is a pattern of striped bands, mostly at right angles," explains fashion stylist Peter Papapetrou, who has worked with Hilary Duff, Dragonette, Jully Black and Javier Bardem. And when it comes to the difference between plaid and tartan, there really isn't one, at least not in North America — plaid is our preferred term. In Scotland, however, tartan denotes the pattern and plaid means a tartan blanket or over-the-shoulder cloth.

We're used to seeing plaid and buffalo checks in casual wear, maybe because of its strong association with folkloric lumberjack giant Paul Bunyan, our logging heritage and the Marlboro guy.

But it's been no stranger to international catwalks over the years (hello, Burberry); most recently it sauntered down runways at Marc by Marc Jacobs, Donna Karan, William Rast, Isaac Mizrahi, Stella McCartney, Balenciaga and more.

Above: Marc Jacobs spring 2010 collection illustrates the recent check trend. At a retail level, it seems we can't have too much of a square thing. Plaid and checks are everywhere, from shirts, to vests, to coats, to scarves, to bags and shoes. And underwear.

Men's American Eagle holiday boxer, $12.50. Available at ae.com

Men's Quagmire shirt, $69. Available at quagmiregolf.com.

Esprit coat, $169.50. Available at Esprit stores.

Smythe red jacket, $595. Available at smytheles vestes.com.

Doc Marten boots, $150. Available at softmoc.com.

Roots Little Olivia Canadian Collection purse, $98. Available at Roots stores.

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THE COAT

Modern impact: graphic vintage

ADVICE When buying a coat this season, go for a textured fabric, such as brushed wool, bouclé, felt or nubby tweed. Try a bold black-and-white print for a fashion-forward look or a streamlined, belted style for a nod to the '60s.

HOW TO WEAR IT Choose a classic turtleneck and thick leggings. Complete the look with a pair of platform booties or over-the-knee boots.

STUDIO ANDRÉ DOYON

TALL

Wool, Miss Sixty ($549, info@sixtycanada.com)

BOYISH

Wool and nylon, Reitmans ($99, reitmans.ca)

PETITE

Wool and nylon, Jacob ($199, jacob.ca). Stylist, Véronique Delisle

CURVY

SLIM

Polyester and wool, Tristan ($295, tristanstyle.com)

FIRST LOOK AT CHOO

On Nov. 14, Jimmy Choo unveils its much-buzzed-about collab with H&M. The 75-piece collection features shoes, of course, plus accessories and clothes. It's a look embodied by Tamara Mellon, the CEO of Jimmy Choo, who shares a few of her fave things with ELLE.

First love "I saw a pair of red cowboy boots in a shop window on a school trip. I insisted that my teacher buy them for me." **Wardrobe** "I cherish my vintage designer clothes because they never date." **Icon** "I'd love to get a peek at Bianca Jagger's closet from the '70s!"

Editors' Pick

THE NEW ANGEL FACE

Givenchy is on a hot streak. After signing Justin Timberlake for Play, the starstruck brand nabbed brainy and beautiful Uma Thurman to be the face of Ange ou Démon Le Secret ($78), a soft floral fragrance infused with cranberry and green tea.

TORONTO FashionWeek

Afiya Francisco

Our style expert judges the runways at metronews.ca/blogs

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Jonesing for a Bridget sequel

Renee Zellweger is baffled by reports she's preparing to reprise her role as Bridget Jones. She tells Usmagazine.com, "I get asked (about) that every single day and I don't know anything." FEMALEFIRST.CO.UK

Entertainment

Together again

Justin Timberlake flew to Vancouver to see Jessica Biel to prove he still loves her. They were spotted in the city at a screening of Where the Wild Things Are on Tuesday night.

FEMALEFIRST.CO.UK

EDITOR: DEAN.LISK@METRONEWS.CA

●●●●● A CLASSIC; ●●●● EXCELLENT; ●●● GOOD; ●● FAIR; ● POOR

The perfection of pop

New album finds The Raveonettes In and Out of Control

CAM LINDSAY
for Metro Canada

"We always set out to write the perfect pop song," confesses Sune Rose Wagner, the male half of Denmark's The Raveonettes.

Ever since they first appeared seven years ago using vicious degrees of feedback, Wagner and Sharin Foo have remained a vital and dependable source for perfect pop songs.

Beginning with 2002's mini album Whip It On, through four full-length albums and last year's series of EPs, on each release the duo have always managed to achieve their goal of reaching pop perfection.

In and Out of Control's lead single Last Dance is their finest bid yet. A sickly sweet prom night anthem with soaring harmonies and a candy coating instead of their usual noise-drenched sheen, it sounds like it was lifted right out of Sixteen Candles.

"Sometimes you succeed and that's the case with Last Dance. I think That Great Love Sound (from 2003's Chain Gang of Love) is a perfect pop song but the production is too harsh to win people over. The production on Last Dance is interesting because it melts '60s with '80s and sweetness with dark lyrics. It's a very different kind of pop song."

Actually, the band's fourth album is filled with "very different kinds of pop songs," which Wagner feels reflect the definition of the band.

"The Raveonettes stands for a lot of things," he explains. "Each song was treated individually and as we were progressing I felt the need to keep writing and adding songs to make it even more varied."

Brought to life using layers and layers of distortion, sweet, but deadly boy-girl vocals, driving drum machine rhythms and the odd synthesizer, from the titles alone, the album paints vivid portraits of rebellion, depravity and classic Hollywood romanticism.

In concert

- The Raveonettes play the Venue in Vancouver on Nov. 5. Tickets are $20.

"The songs are about my life around me and my thoughts on various subjects such as violence, suicide, love and rape," Wagner explains.

Yes, he said rape. And one look at In and Out of Control's track listing and songs like D.R.U.G.S. and Suicide pale next to one called Boys Who Rape (Should All Be Destroyed). What's funny is how such a brazen title became one of the catchiest, albeit most uncomfortable jingles of the year.

"I've always loathed rapists and think they're the lowest of the low," admits Wagner. "I thought we needed an up-tempo song so I wrote that song really fast and we made it sound frantic and crazy with the unusual beat. Sharin's voice was perfect for the song because of the sweetness in her voice singing some very confrontational words."

Adds Wagner, "I had an idea but people really picked up on it in a big way I must say. I like that, it's a fine song with a clear message."

In and Out of Control is the latest album from The Raveonettes.

Monday's Eyebrow Message

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help out the purple construction workers at granville and georgia. bring your invisible tools. first 100 people will be rewarded for their hard work. 12-2pm today.

If you were at Granville and Georgia on Monday, you probably noticed some people digging invisible holes, carrying invisible beams, and swinging invisible hammers. If you missed it, you can see all the hard work at **dairymilk.ca**

Look for the next Eyebrow message in Monday's paper.

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Stone touches the soul

Joss Stone

Album: Colour Me Free
Label: EMI
Rating: ●●●●½

JOSS STONE EMERGED six years ago as almost a novelty act — a bare-footed 17-year-old English school girl with a mane of golden hair singing '60s R&B in an Aretha-like voice. Since then we've seen a wave of English retro waifs come and go. On Colour Me Free, Joss Stone finally steps out to put them in their place. Comparing Stone to Adelle or Duffy is like comparing Gladys Knight to Lulu. It's hard to believe this album was recorded live off the floor at the club Joss's mum owns. It's got a sonic depth that you can reach in and caress, which is something you can usually only find on old Stax or Muscle Shoals LPs. Yet Stone manages to merge her '60s leanings with more contemporary sounds on songs like Could Have Been You and, with the help of rapper Nas, on Governmentalist. Still, this is a CD for her parents' generation. The oldsters will love her singing around Jeff Beck's Superstition-style riffing on Parallel Lines.

Graham Rockingham/for Metro Canada

Flight of the Conchords

Album: I Told You I Was Freaky
Label: Sub Pop/Warner
Rating: ●●●

IF ANYONE DESERVED a Grammy last year it was Flight of the Conchords. The comedy duo's hilarious debut disc was easily one of the best records of the year. The follow-up will still elicit plenty of chuckles, but it falls short of its predecessor. The tracks don't have the same impact as they did on season one of the band's he band's HBO show

Bryan Borzykowski/for Metro Canada

Ben Gibbard and Jay Farrar

Album: One Fast Move or I'm Gone: Music from Kerouac's Big Sur **Label:** Atlantic/Warner
Rating: ●●●●

WHILE DEATH CAB For Cutie is Ben Gibbard's main project, that doesn't mean the soft-voiced singer can't have a side gig that may be even better than his day job. He teams with Jay Farrar of Son Volt and Uncle Tupelo fame on this beautiful lilting campfire album. The disc is the soundtrack to One Fast Move or I'm Gone: Kerouac's Big Sur. The music is quiet, elegant and haunting.

Bryan Borzykowski/for Metro Canada

Five For Fighting

Album: Slice
Label: Sony
Rating: ●●

YOU PROBABLY KNOW John Ondrasik, the L.A. songwriter who works under the alias Five for Fighting for hit Superman (it became one of the 9-11 anthems). Slice is his fifth studio album and delivers time-worn themes from the mythical heartland. It's hard to dislike these well-crafted melodies, even when they're selling schmaltzy bromides like "hope will save the day" on the hopeless track Hope.

Graham Rockingham/for Metro Canada

BackBeat

Mike Benhaim

Read his music blog at metronews.ca/backbeat

Will Kim kopy Kourtney and Khloe?
Kim Kardashian has just watched her two sisters go through major life changes. So where does that leave the most famous Kardashian? "I always had a vision I'd be married with one kid by the time I'm 30," the 29-year-old tells Life & Style. **POPEATER.COM**

Freddie Highmore takes off

With Astro Boy role, young actor leads a boldface voiceover cast

NED EHRBAR
Metro World News

Freddie Highmore voices the title character in Astro Boy.

There are less awkward birthdays a person could have than Valentine's Day, but young British actor Freddie Highmore tries to not let it get to him.

"It's all right, actually," he says with a shy smile. "Maybe I'll be wanting a card from that special person, and you just keep getting them from your family, like, 'No, no, where's her card?' But it's been all right so far."

"All right so far" is an understatement when discussing the 17-year-old's film career. After an early start in films like Finding Neverland, Charlie and the Chocolate Factory and August Rush, Highmore's latest has him voicing the title character in Astro Boy, based on the popular, decades-old Japanese comic.

Stepping into such well-known rocket boots was more than a little daunting, Highmore admits: "You want to get it right."

While admittedly not a comics fan, Highmore is no stranger to animation work, though he still finds the experience of working alone in a booth a bit odd.

"In the scenes when Astro Boy is flying around, I'd be — well, not flying, but jumping up and down and getting out of breath," Highmore remembers.

"The couple of technicians in there might think you're a little odd, but hopefully the millions of people who see the film will think it's all right in the end."

And though he's starring alongside an impressive list of co-stars, including Bill Nighy, Nicolas Cage and Kristen Bell, he can't exactly say he really worked with them.

"I met Kristen Bell when we came over for Comic Con, and she was very nice. But I hadn't met her until after we finished filming," he says. "But people have said we had great chemistry in the film."

Highmore is no stranger to famous co-stars, having gotten his start alongside the likes of Johnny Depp and Russell Crowe, and he's done his best to learn from them. "I'm not sure if there's a moment where Johnny Depp sat down and said, 'Try this in life' or whatever. But I think that you just pick up things," he says.

"I hadn't met (Kristen Bell) until after we finished filming. But people have said we had great chemistry in the film."
Freddie Highmore

With his 18th birthday a few months away and his profile rising, Highmore is hoping to avoid the usual pitfalls of Young Hollywood. "You see these young kid actors grow up and go off the rails. I haven't been caught up in any of that," he says. "We get such a detached view of it because we're quite a ways away in England."

Sarandon, Besson to be honoured at fest

FILM Organizers say director Luc Besson and actress Susan Sarandon will be honoured at the Stockholm film festival. Sarandon will receive the festival's lifetime achievement award for her "reflection, seduction and rebellion" through which she has portrayed many "multifaceted female characters."

Sarandon's most famous roles include rebellious waitress Louise in 1991 Thelma and Louise and Sister Helen in 1995 Dead Man Walking, for which she won an Oscar.

Polanski lawyers divided on strategy

CELEB JUSTICE Lawyers for Roman Polanski are clashing over his legal strategy, with one saying the director won't surrender to U.S. authorities and another suggesting Polanski would consider the move. Attorney Herve Temime says there has been "no change in strategy," telling the AP that Polanski will "continue to fight extradition" to the U.S. for having sex in 1977 with a 13-year-old girl. Earlier yesterday, co-counsel Georges Kiejman told Europe 1 radio Polanski could voluntarily return to face justice in Los Angeles.

THE ASSOCIATED PRESS

10/22/09

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primetime	251	308	3 CBC	Wheel-Fortune	Jeopardy! (N)	Canada: Above & Beyond		The Border "Killer Debt" (N)		CBC News: The National (N)		The Hour (N)
	254	-	9 OMNI	Two/Half Men	Two/Half Men	Omni News: Mandarin Edition		News: Cantonese Edition		Omni News: Punjabi Edition		The Simpsons
	250	321	9 CTV	The Vampire Diaries (CC)		CSI: Crime Scene Invstgtn.		Grey's Anatomy (N) (CC)		The Mentalist "Red Sauce"		CTV News
	-	-	10 JOY	Frasier (CC)	The Insider	Stargate SG-1 "Urgo" (CC)		Supernatural (CC)		Perspectives	Ek Noor	New Day
	252	336	11 GTV	Entertainment	ET Canada	Survivor: Samoa (N) (CC)		The Office (N)	The Office	90210 "Unmasked" (N) (CC)		News
	256	389	12 VI	TMZ (N) (CC)	Hollywood	FlashForward (N) (CC)		Fringe (CC)		(:01) Private Practice (N)		A News (N)
	253	359	13 CITY	The Office	The Office	Community (N)	Parks-Recreat	30 Rock	30 Rock (N)	The Jay Leno Show (N) (CC)		The CityNews
	-	-	14 CW	The Office	The Office	The Vampire Diaries (CC)		Supernatural (CC)		Seinfeld	Seinfeld	Frasier (CC)
	289	381	15 CBS	Entertainment	The Insider	Survivor: Samoa (N) (CC)		CSI: Crime Scene Invstgtn.		The Mentalist "Red Sauce"		KIRO 7 News
	287	379	16 NBC	Evening Mag.	Inside Edition	Community (N)	Parks-Recreat	The Office (N)	30 Rock (N)	The Jay Leno Show (N) (CC)		KING 5 News
	602	568	19 W	Old Christine	Friends (CC)	Friends (CC)	Grocery Bag	Confidential	Confidential	Divine Design	Divine Design	Don't Move
	288	380	24 ABC	Wheel-Fortune	Jeopardy! (N)	FlashForward (N) (CC)		Grey's Anatomy (N) (CC)		(:01) Private Practice (N)		KOMO 4 News
	-	-	26 KVOS	M*A*S*H	Seinfeld	Mad City ★★ (1997, Drama) John Travolta, Dustin Hoffman.				Seinfeld	King	Cheers (CC)
	291	383	27 PBS	Mayoral Debate "Seattle"		Doc Martin "On the Edge"		Poirot "Peril at End House"		Get Off Your Knees		Globe Trekker
	290	382	28 FOX	MLB Baseball	Cops (CC)	Malcolm-Mid.	Scrubs (CC)	King of Hill	Family Guy	Q13 FOX News at Ten (N)		Family Guy
	-	364	43 PBS	Casebook-Sherlock Holmes		Red Green	Being Served	Tavis Smiley	Charlie Rose (N) (CC)		This Old Hse.	Hometime
	296	654	34 SBK	The Office	Name Is Earl	Frasier (CC)	'70s Show	South Park	Half & Half	Paid Program	Hatchett	Bring Wall St
	298	653	35 TLA	Two/Half Men	Two/Half Men	The Vampire Diaries (CC)		Supernatural (CC)		KTLA Prime News (N) (CC)		Friends (CC)
	295	651	36 WGN	WGN News at Nine (N) (CC)		Family Guy	Two/Half Men	According-Jim	Friends (CC)	Friends (CC)	Maury Paternity-test results.	
	297	652	37 WPX	PIX News at Ten Tong. (N)		Two/Half Men	Friends (CC)	Friends (CC)	According-Jim	Family Guy	South Park	Scrubs (CC)
	199	311	76 STR	CTV News	NTV Latenight News		Late Show-Letterman		Late Late Show		Inside Edition	Will & Grace
news	502	390	23 NW	The Nature of Things (CC)		CBC News: The National (N)		CBC News: The National (N)		The Nature of Things (CC)		National
	500	500	33 CNN	(6:00) CNN Presents (N) (CC)		Anderson Cooper 360 (CC)		CNN Presents "Latino in America: Chasing the Dream" (CC)				Cooper 360
sports	407	419	22 RSP	MLB Baseball		Sportsnet Connected (Live)		Canucks TV	MMA Conn	Sportsnet Connected (Live)		Sportsnet
	400	400	30 TSN	SportsCentre	That's Hockey	SportsCentre	Off the Record	2009 World Series of Poker		2009 World Series of Poker		SportsCentre
	411	457	49 OLN	Ghost Hunters (CC)		Bounty Hunter	Bounty Hunter	Survivorman (CC)		Ghost Hunters (CC)		Bounty Hunter
	410	403	54 SCR	College Football		Score Now		Score Now		Score Now		Final Score
	417	406	55 SC	Wrecked	Wrecked	Pimp My Ride	Pass Time	Pinks -- All Out		Jacked!	Jacked!	Wrecked
	416	409	144 GLF	Toronto-Today	MLS Weekly	Toronto	Game Cap	Gol TV News	Toronto-Today	Gol TV News	Gol TV News	Gol TV News
family	552	543	25 YTV	Drake & Josh	Family Biz	Malcolm-Mid.	Hates Chris	8 Rules	What I Like	Family Biz	Prank Patrol	Adrenaline
	555	545	50 TEL	Bugs Bunny	6teen: Dude of the		Majority Rules	Futurama	King of Hill	Buffy the Vampire Slayer ★ (1992) Premiere.		
	557	541	51 FAM	Sonny Chance	Zack & Cody	Overruled! (N)	Han. Montana	Wizards-Place	Latest Buzz	Ned's School	Cory in House	That's-Raven
	553	546	53 TRE	Babar (CC)	Zigby	Max & Ruby	Dragon	Backyard	Ni Hao	Go, Diego, Go!	Franklin	Comfy Couch
cable variety	268	354	5 KNO	Frontiers of Construction (N)		Francesco	Francesco	Adventures in Architecture		Edge Codes.com		Beautiful
	575	583	20 CMT	Home Imp.	Home Imp.	Karaoke Star "Finale"				According-Jim	According-Jim	Home Imp.
	570	580	42 MM	Love Court	Instant Star	One Tree Hill (CC)		So You Think You Can Dance Canada Top 6.		Dance		Spotlight
	600	564	48 H&G	House	House	Holmes Inspection (CC)		Renovation	Disaster DIY	Holmes on Homes (CC)		House
	615	520	61 A&E	The First 48 (CC)		Crime 360 "Payback" (CC)		(:01) The First 48 "Memphis"		(:01) The First 48 (CC)		The First 48
	628	584	62 SPKE	(6:00) TNA Wrestling (N)		Deadliest Warrior		MANswers	GameTrailers	UFC Countdwn: Machida		Ticker ★
	521	560	64 TLC	Heavy Haulers (N) (CC)		American Chopper (CC)		Heavy Haulers (CC)		American Chopper (CC)		Chopper
	616	522	65 SHO	The Outer Limits (CC)		Da Vinci's City Hall		The Best Years "Delirious"		Saving Grace "Moooooooo"		NCIS (CC)
	620	523	40 BVO	(6:00) Inertia ★★ (2001) (CC)		Law & Order "Anchors Away"		Without a Trace "All for One"		Rich in Love ★★ (1992) Albert Finney. (CC)		
	601	562	41 SLC	X-Weighted "Jill" (CC)		ET Canada	What	Biggest Loser Australia (CC)		Beauty and the Geek (CC)		Trading Sp
	520	505	42 DIS	MythBusters (CC)		Daily Planet (CC)		Machines of Malice		Machines of Malice		MythBusters
	522	506	44 HIS	Ice Road Truckers (CC)		Ancient Discoveries (CC)		Underworld Histories Boston.		Life After People (N) (CC)		History
	627	528	45 SPC	Eureka Bowling tournament.		InnerSpace	Stargate SG-1 (CC)		Star Trek: Next Gener.		Star Trek: Voyager "Lineage"	
	294	650	57 TBS	(6:00) Mission: Impossible III ★★★ (2006)		(:40) Seinfeld		(:10) Seinfeld	Sex and-City	(:10) Mission: Impossible III ★★★ (2006)		
	619	525	48 TROP	Seinfeld	Seinfeld	The Outer Limits (CC)		ET Canada	TV Made	Family Guy	Seinfeld	Seinfeld
	603	561	62 FN	Ace of Cakes	Ace of Cakes	Family	Family	Unwrapped	Unwrapped	Big Chef Takes on Little Chef		Ace of Cakes
	-	-	63 AMC	(5:00) The Perfect Storm (CC)		The Perfect Storm ★★★ (2000, Suspense) George Clooney, Mark Wahlberg. (CC)						Stargate ★★
	626	547	67 COM	Air Farce	22 Minutes	Corner Gas	Name Is Earl	The Simpsons	South Park	Hot Box	Jon Dore	Daily Show
	320	621	30 CEN	Journey-Center of Earth		Hairspray ★★★ (2007) John Travolta, Nikki Blonsky. (CC)				Mama's Boy (2007, Comedy) Jon Heder. (CC)		
	581	566	101 MTV	Gone Too Far "Amy" (CC)		MTV Live	Sex News	Fantasy Fact.	Nitro Circus	Gone Too Far "Amy" (CC)		MTV Live
	261	394	102 V	(6:00) Cocoon: The Return ★★ (1988) (CC)		Recreat. Eden		The Princess Bride ★★★ (1987) Cary Elwes. (CC)				Paid Program
	-	-	105 MUL	Sewing Maid	Kingdom-Wind	Vancouver	Shaktimaan	Dheeyan Ghar	Sadabahar	Connections	Desi Rhythms	Patrol World

critics'corner

CSI: Crime Scene Investigation
When the team discovers a connection between a new murder and a notorious serial killer, Grissom (William Petersen) secretly joins a class taught by a noted criminal pathologist, Raymond Langston (Laurence Fishburne), to help crack the case. Marg Helgenberger also stars in "19 Down ..." 8 PM on CTV

The Vampire Diaries
Stefan (Paul Wesley) tries to use his vampire powers to make Vicki (Kayla Ewell) forget who attacked her in the woods, but he attracts the attention of her brother (Zach Roerig). Jeremy (Steven R. McQueen) continues to struggle with his drug use and his feelings for Vicki. Damon (Ian Somerhalder) reveals information about Stefan's past to Elena (Nina Dobrev) in "The Night of the Comet." 7 PM on CTV

metro
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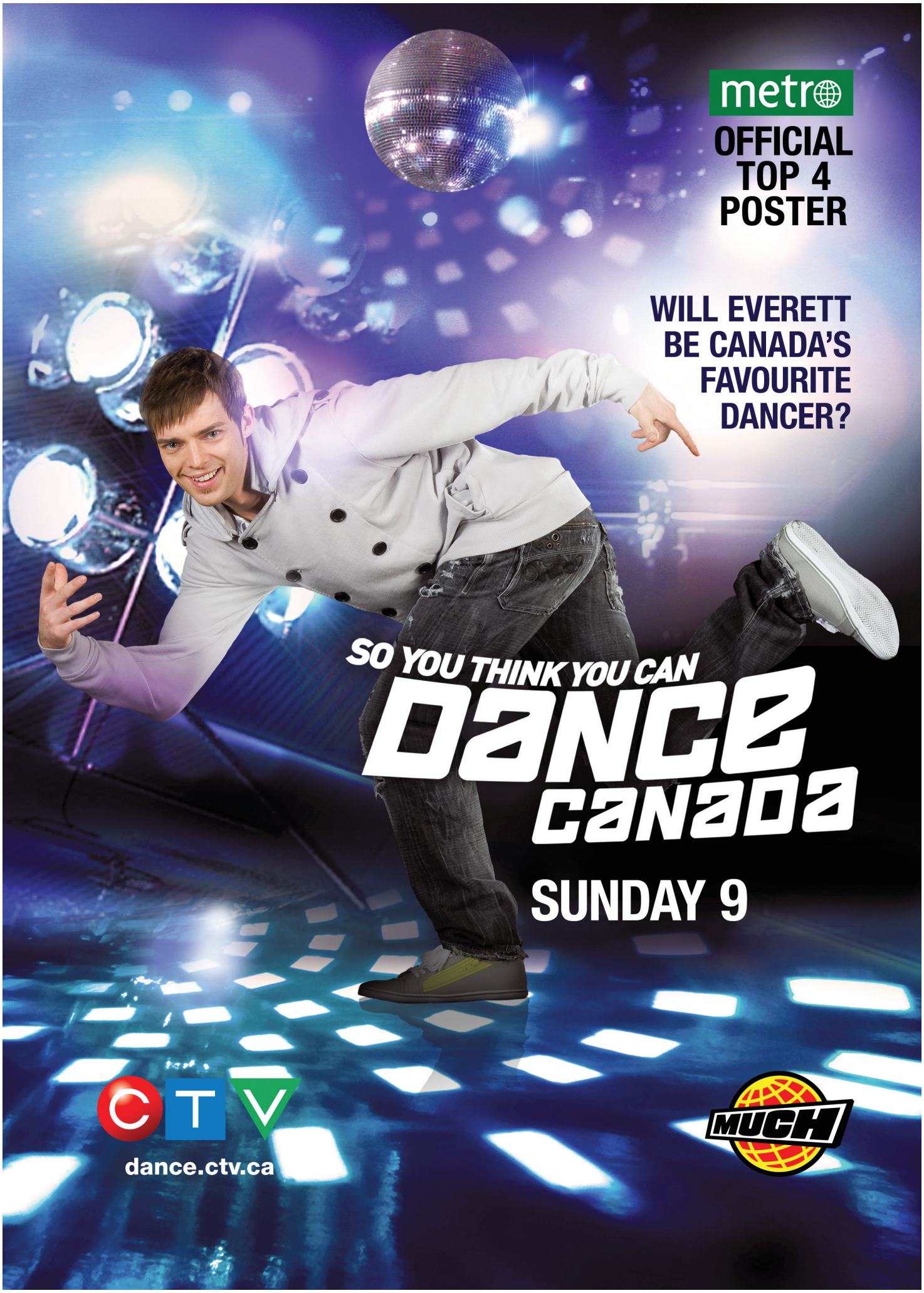
WILL JAYME RAE BE CANADA'S FAVOURITE DANCER?
SO YOU THINK YOU CAN
DANCE CANADA
SUNDAY 9
CTV
dance.ctv.ca
MUCH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CANADA
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MUCH

C Food is Coming

C Restaurant, the forward-thinking champion of sustainable seafood and all things B.C., will release its first cookbook, C Food, later this month. Pick up a limited edition copy at the restaurant or at Barbara-Jo's Books to Cooks. METRO NEWS SERVICES

Urban Foodie

⊕⊕⊕⊕⊕ INSPIRED; ⊕⊕⊕⊕ VERY GOOD; ⊕⊕⊕ PALATABLE; ⊕⊕ HO-HUM; ⊕ NEVER AGAIN

Cheap eateries solid one-hit wonders

ANYA LEVYKH
anya.levykh@gmail.com

It seems the slow economy has not only created a profusion of casual dining establishments, but a growing trend of micro-specialists. These eateries focus on one thing and one thing only, but do it pretty damn well. Here are a couple of recent additions to the singles hit parade.

La Taqueria
322 West Hastings St.
Vancouver
604-568-4406
lataqueria.ca

Signature Drink:
Tamarind pop
Signature Dish:
Braised Beef Tongue Taco
Rating: ⊕⊕⊕⊕
Dinner & drinks for 2: $30

Forget running for the border, or any such nonsense. This "pinche taco shop" (translated as "f—king taco shop") is tiny, unadorned — unless you count the bottle cap plaster job — and brilliant.

Twelve different varieties of authentic Mexican tacos, with proper soft corn-based shells, range from Pemberton Meadows braised beef tongue and pulled pork cheek to tangy albacore tuna and crispy chicken in an outstanding mole sauce.

All the meats are free-range and local, and the seafood is Ocean Wise-approved. There are even some vegetarian and vegan options, like the beautiful mushroom and onion version.

Most tacos are $2.50 each, but you can get four for $9.50. The service and kitchen is wicked fast, so you can anticipate a lunch that actually allows for time to walk leisurely back to the office.

Open Monday to Wednesday, 11 a.m. to 7 p.m.; Thursday to Saturday, 11 a.m. to 10 p.m.

On the web

- Read the full article online at metronews.ca/vancouver/columnist/40411.
- Chew more on Anya's blog at metronews.ca/vancouver/blog/136310.

Mr. Kumpir
1162 Denman St.
Vancouver
604-568-8655
mrkumpir.com

Signature Drink:
Huh?
Signature Dish:
Stuffed potato
Rating: ⊕⊕⊕
Dinner & drinks for 2: $15

Mr. Kumpir is a successful Turkish "fast food" chain that spread through Europe several years back, and has now landed here in North America. The concept is beyond simple: A large jacket potato, split, stuffed and fluffed with butter and cheese, is then loaded with your choice of toppings. At around $4 for one potato with three toppings, you are paying pennies on the pound — and make no mistake; we are talking about pounds of food here. It's like giving the ultimate bird to the Atkins diet. Surprisingly, this can be a healthy option. Skip the sauces and beef sausage, and instead load up with roasted eggplant, sundried tomatoes, peppers, corn, mushrooms and peas. With over two dozen toppings to choose from, even vegans can find something to gorge on here.

ANYA LEVYKH/FOR METRO VANCOUVER

A Stuffed Potato at Mr. Kumpir.

On the web

Global Peasant:

- Travel along with Diane Thompson's culinary adventures in her Global Peasant blog. Visit metronews.ca/globalpeasant for barely risotto with green peas and basil.

New release from Road 13

Grown on the sandy soils of B.C.'s upper Black Sage Bench, the 2007 Cabernet Sauvignon from Road 13 wines is all about the soft tannins and concentrated flavours. Thanks to the low yields, strong licks of fresh capsicum, blueberry and spice all blend together harmoniously. The 13 per cent Cabernet Franc in the bottle gives a nice balance and play to the seriousness of the Cabernet Sauvignon. Match with steak frites or hearty stews. $27.99 at VQA and private wine stores.

ADVERTISING FEATURE

Urban Eats

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Hogan had a death wish

Hulk Hogan thought about killing himself when his marriage ended. The legendary wrestler got as far as picking up a gun to shoot himself when wife Linda Bollea filed for divorce he reveals in a new book. FEMALEFIRST.CO.UK

Celebrity Buzz

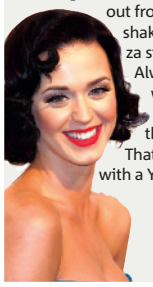
Celebrity tweets

LL Cool J isn't going to let the cold weather keep him down, Stephen Fry isn't ashamed of his musical preferences,and Katy Perry knows what she wants for her birthday.

• @llcoolj
In the depth of winter I finally learned that there was in me an invincible summer.

• @stephenfry
I suppose I'd sound such an arse if I admitted that I was unreasonably cheered up by Karen Carpenter's singing this am. But I was. So there.

• @katyperry
Maybe I'll get lucky this week & get a birthday shout out from a shakey's pizza sign. Always wanted one of them. That's Katy with a Y pls :)



Mom OK's Brit's new love

HE'S THE ONE After a rocky romance with paparazzo Adnan Ghalib and a devastating marriage to Kevin Federline, Britney Spears has found love with agent Jason Trawick — and her mother, Lynne, thinks he is The One, Us Weekly reports in its latest issue.

Lynne said, 'He's the kind of man you would dream of your daughter marrying. The kids love him, and he's stable,'" a friend tells Us Weekly. Trawick, 37, stood by Spears, 27, during her darkest moments (she was involuntarily committed twice to a psychiatric hospital in 2008 and lost custody of sons Sean, 4, and Jayden, 3, the year before).

"Most everyone else abandoned her, but Jason refused to be completely cut out of Britney's life," says a source.

Besides his quick wit and ability to make her laugh in any situation, sources tell Us Trawick accepts Spears — drama and all.

"She has been honest with Jason about what she's been through in a way that I don't think she's been with other people," says a pal. METRO NEWS SERVICES

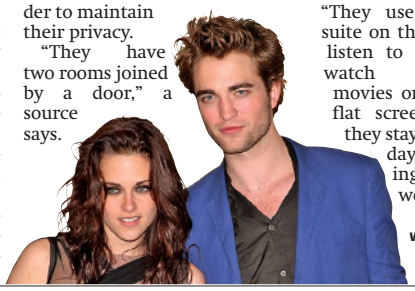
Kristen, Robert shack up in hotel?

SUITE TALK Twilight co-stars Kristen Stewart and Robert Pattinson are reportedly living together while in Vancouver to film the latest in the popular franchise.

According to More magazine, the pair has rented out an entire floor of the Sheraton Wall Centre Hotel — with each suite running $850 a night — in order to maintain their privacy.

"They have two rooms joined by a door," a source says.

"They use a third suite on the floor to listen to music or watch Blu-ray movies on a large, flat screen, when they stay in after a day's shooting or on weekends." METRO WORLD NEWS



Relationship thorn in Rosie household

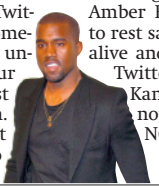
WORKING ON ISSUES Rosie O'Donnell has confirmed that she and partner Kelli Carpenter are on the rocks, usmagazine.com reports. In a new interview with USA Today, she says, "We're a family. We will remain a family forever. And we are working on our issues."

The 47-year-old O'Donnell — who has been suggesting a split on her blog — wouldn't confirm a National Enquirer report that Carpenter, 42, has moved out of their Nyack, NY, home and into Manhattan. (USA Today notes that Carpenter was not home during the interview.)

O'Donnell noted that the well-being of their four kids — Parker, 14, Chelsea, 12 and Blake, 9, and Vivienne (Vivi), 6 — is top priority. METRO NEWS SERVICES

RIP Kanye West tweets laid to rest

LIVE AND WELL "RIP Kanye West" was still the top trending topic on the micro-blogging site Twitter hours after someone made up an unscrupulous rumour that Kanye West died in a car crash. The Kanye West Dead hoax was also the top Google search in the U.S. early yesterday morning. West's girlfriend Amber Rose put rumours to rest saying the rapper is alive and well, writing on Twitter: "This 'RIP KanyeWest' topic is not funny and its NOT TRUE!" METRO NEWS SERVICES



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For tickets and theatre information visit:
www.thisisit-movie.com

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TWN incorporates MSC data
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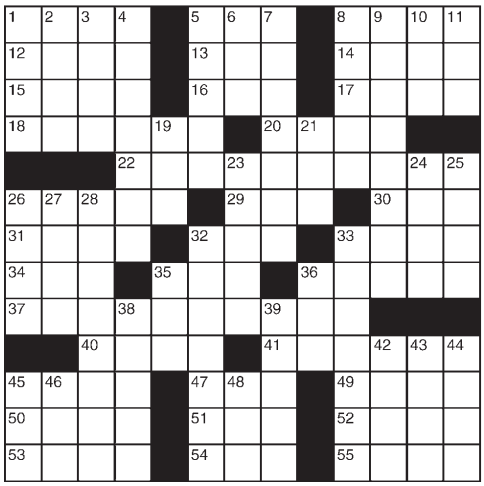
Friday Rain 90% 13° / 9°
Saturday Variable 12° / 7°
TAKE THE WEATHER WITH YOU visit mobile.theweathernetwork.com

For more delicious Metro recipes, visit: **metronews.ca/food**

Take Five



ACROSS

1 Boutique
5 Suitcase
8 Unuttered "alas"
12 Lawrence Berra
13 Id counterpart
14 Dandling site
15 Dealer's foe
16 Scarlet
17 Misfortunes
18 Nativity setup
20 Get steamed up 22 E.T.'s venue
26 Grown-up
29 Churchill's gesture
30 Needle-fish
31 "And — bed": Pepys
32 Plaything
33 Mine, in part
34 Dead heat
35 Stir-fry pan
36 Clumsy
37 Nirvana, maybe
40 "Simon —"
41 Method
45 Use a wooden spoon
47 Vanna's cohort
49 Matador's foe
50 War, to Gen. Sherman
51 Altar affirmative
52 Once more, in the Ozarks
53 Simple
54 Neither mate
55 Poolroom triangle

DOWN

1 Harmonization
2 Frost
3 Shrek is one
4 Small flute
5 Jaunty chapeau
6 Time of your life?
7 Arthur of old TV
8 Cut corners
9 Collaborating (with)
10 Hairspray alternative
11 Guys
19 Shack
21 Exploit
23 Bring out
24 Kvetch
25 Formerly, formerly
26 Italian wine region
27 Slay
28 Knife and fork, e.g.
32 Tennis tactic
33 Low-rated, as a hotel or a movie
35 Distort
36 Unfriendly
38 Way before deadline
39 Nancy, the first woman in Parliament
42 Frat-party garb
43 Idle of Monty Python
44 Tony Shalhoub series
45 The woman
46 Afternoon affair
48 Commotion

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone — one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

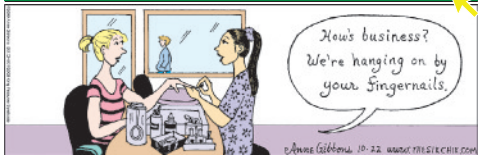
	6		5		7		4	
		1	2		4	3		
8								6
		8		9		5		
3								8
		9		7		2		
6								4
		2	8		9	6		
	1		3		6		5	

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

3	5	7	6	1	8	2	9	4
2	4	8	3	5	9	6	1	7
1	6	9	2	4	7	3	5	8
4	3	5	9	2	1	7	8	6
9	8	6	5	7	3	1	4	2
7	2	1	8	6	4	5	3	9
6	9	2	1	8	5	4	7	3
8	1	4	7	3	6	9	2	5
5	7	3	4	9	2	8	6	1

On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca



Metro Recipe of the Day

ALICIA MCAULEY PHOTO

Coconut Red Curry Chicken with Tomatoes

Submitted by Maria Nickel, Winnipeg

INGREDIENTS:

1 can (14 oz) coconut milk
1-2 tbsp brown sugar
1/2 cup of chicken or beef stock
1 tsp red curry paste (you can use more if you want the dish to be spicier)
2 tbsp fish sauce
1 pint of grape tomatoes, halved
1 can mushroom stems and pieces with juice
1 zucchini (medium size) chopped into small pieces
1 orange pepper (optional; you can also use red or yellow, medium sized)
3 chicken breasts, cut into 1/2-inch slices
2 tbsp cornstarch mixed with 4-6 tbsp. of cold water
2 cups of jasmine rice

PREPARATION:

1. In a two-quart saucepan, add the coconut milk, red curry paste, chicken stock, sugar, fish sauce and tomatoes and simmer over medium heat for eight minutes, stir constantly.
2. Cook jasmine rice as directed on the package.
3. While coconut mixture is simmering, add the chicken, peppers, mushrooms and zucchini and simmer for another 12 minutes or until the meat is cooked thoroughly.
4. Mix the cornstarch and water together and then add to the pot. Mix until the curry thickens. If it doesn't thicken, add more cornstarch and water to it.
5. Serve over jasmine rice.

SERVES 4
PREP TIME: 10 MINUTES
COOK TIME: 35 MINUTES

20 minute SUPPER CLUB
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Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES ♈
MARCH 21-APRIL 20
Someone thinks you are the bee's knees and the best thing since sliced bread. And you are. But don't let flattery go to your head.

TAURUS ♉
APRIL 21-MAY 21
There may be many chores you would like to avoid, but you can't, so quit your wishful thinking and get on with them.

GEMINI ♊
MAY 22-JUNE 21
Venus, planet of love, is transiting the most passionate area of your chart, so let those you are closest to emotionally know how you really feel.

CANCER ♋
JUNE 22-JULY 22
It will pay for you to be less assertive today. You don't need to prove yourself. You don't need to impress people.

LEO ♌
JULY 23-AUG 23
This is a day for enjoying yourself and socializing. Forget about work and money issues — there will be plenty of time to take care of them later.

VIRGO ♍
AUG 24-SEPT 22
Family and financial matters are under exceptionally good stars. You will know instinctively what you need to do to put things right.

LIBRA ♎
SEPT 23-OCT 23
Venus in your sign makes it easy for you to win others around to your way of thinking. That's good because as of tomorrow you may need them.

SCORPIO ♏
OCT 24-NOV 22
The more you ask for this week the more you will get. And the more you get the more you will want.

SAGITTARIUS ♐
NOV 23-DEC 21
Why so glum when every cosmic indicator suggests that good things are coming your way?

CAPRICORN ♑
DEC 22-JAN 20
Now is one of those times when even Capricorns must take certain things on trust. That applies especially to your career, an area in which you must move quickly.

AQUARIUS ♒
JAN 21-FEB 18
Something will inspire you over the next few days. Something will seize your imagination and make you aware of how much more is possible.

PISCES ♓
FEB 19-MARCH 20
You need to remind yourself today that most people in the world are just like you. But it may sometimes appear as if certain individuals are unreasonable.

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